

AMENDMENTS TO THE CLAIMS

The listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

1. **(Currently Amended)** A treadmill, comprising:
a frame;
a treadbase coupled to the frame enabling a user to exercise thereon;~~and~~
a console movably linked to the frame, wherein the height of the console can automatically adjust relative to the treadbase based on a user parameter-is adjustable; and an adjustment mechanism linking the console to the frame, wherein the adjustment mechanism changes the height of the console when the height of the console automatically adjusts.
2. **(Original)** The treadmill of claim 1, wherein the height of the console can be adjusted manually.
3. **(Canceled)**
4. **(Original)** The treadmill of claim 1, wherein the console is configured to change its height based on the height of the user standing on the treadbase.

5. **(Original)** The treadmill of claim 1, wherein the console is configured to change its height based on the height of a particular user feature.

6. **(Original)** The treadmill of claim 1, wherein the console is configured to change its height automatically.

7. **(Original)** The treadmill of claim 6, wherein the console is configured to change its height automatically when user steps on treadbase.

8. **(Original)** The treadmill of claim 6, wherein the console is configured to change its height automatically when the slope of the treadbase is adjusted.

9. **(Original)** The treadmill of claim 1, further comprising a plurality of indicia to indicate the height of the console.

10. **(Original)** The treadmill of claim 8, wherein the indicia include a plurality of lights.

11. **(Currently Amended)** A ~~self-adjusting~~ treadmill, comprising:
a frame having an upright member;
a treadbase coupled to the frame enabling a user to exercise thereon; and
a console movably linked to the upright member of the frame, wherein the height of the console is automatically adjusted adjustable relative to the treadbase based on a height of a particular a user feature; and parameter
an adjustment mechanism linking the console to the frame, wherein the adjustment mechanism adjusts the height of the console when the height of the console is automatically adjusted.
12. **(Original)** The treadmill of claim 11, further comprising console support members.
13. **(Original)** The treadmill of claim 12, wherein the console is coupled to the console support members.
14. **(Original)** The treadmill of claim 13, wherein the console interacts with the console support members to change its height.
15. **(Original)** The treadmill of claim 14, wherein the console support members include a rack.

16. **(Original)** The treadmill of claim 15, wherein the console includes at least one gear.

17. **(Original)** The treadmill of claim 16, wherein the console includes a plurality of gears.

18. **(Original)** The treadmill of claim 17, wherein the plurality of gears of the console engages the rack of the console support members such that movement of the gear changes the height of the console.

19. **(Original)** The treadmill of claim 11, wherein the console support members each include a slot.

20. **(Original)** The treadmill of claim 19, wherein the console includes flanges that are positioned in the slots of the console support members such that uniform and consistent movement of console is achieved.

21. **(Currently Amended)** A ~~self-adjusting~~ treadmill, comprising:
a frame having an upright member and one or more console support members;
a treadbase coupled to the frame enabling a user to exercise thereon; and
a console movably coupled to the one or more console support members, wherein the height of the console ~~is adjustable~~ automatically adjusts from a first operational position to a second operational position based on the height of a user, wherein the console includes a height adjustment mechanism configured to move the console to adjust the height of the console from the first operational position to the second operational position.

22. **(Canceled)**

23. **(Currently Amended)** The ~~self-adjusting~~ treadmill of claim 22, further comprising a height sensor, wherein the height sensor detects the height of a user standing on the treadbase.

24. **(Currently Amended)** The ~~self-adjusting~~ treadmill of claim 22, wherein the height sensor includes a light source.

25. **(Currently Amended)** The ~~self-adjusting~~ treadmill of claim 24, wherein the light source emits light to detect height of the user standing on the treadbase.

26. **(Currently Amended)** The ~~self-adjusting~~ treadmill of claim 25, wherein the light source detects the height of the user by reflecting light from the user.

27. **(Currently Amended)** The ~~self-adjusting~~ treadmill of claim 24, further comprising a light sensor.

28. **(Currently Amended)** The ~~self-adjusting~~ treadmill of claim 27, wherein the light sensor senses user height by detecting the transition from reflected light to non reflected light.

29. **(Currently Amended)** The ~~self-adjusting~~ treadmill of claim 28, wherein the height sensor starts at a default position to detect the height of the user.

30. **(Currently Amended)** The ~~self-adjusting~~ treadmill of claim 29, wherein the default position of the height sensor is the upper most height of the sensor and the sensor moves in the downwards direction until the height of the user is detected.;

31. **(Currently Amended)** The ~~self-adjusting~~ treadmill of claim ~~30-29~~, wherein the default position of the treadmill is its lowest height and the sensor moves in an upward direction until the height of the user is detected.

32. **(Currently Amended)** The ~~self-adjusting~~ treadmill of claim 28, wherein the height sensor starts at ~~the~~ a current height position to detect the height of the user.

33. **(Currently Amended)** The ~~self-adjusting~~ treadmill of claim 32, wherein the height sensor moves in an upward direction is if the ~~heights~~ height sensor detects reflected light at its starting position and moves in a downward direction if the height sensor does not detect reflected light at its starting position.

34. **(Currently Amended)** The ~~self-adjusting~~ treadmill of claim 27, wherein movement of the height sensor is simultaneous with movement of the console.

35. **(Currently Amended)** The ~~self-adjusting~~ treadmill of claim 27, wherein movement of the console is needed to sense the height of the user.

36. **(Currently Amended)** The ~~self-adjusting~~ treadmill of claim 35, wherein the angle at which the height sensor is positioned is configured such that when the user height is detected the height of the console is set by stopping movement of the console.

37. **(Currently Amended)** A treadmill, comprising:

a frame;

a treadbase coupled to the frame enabling a user to exercise thereon; and

a motorized console assembly movably linked to the frame and including a console,
wherein the height of the console automatically adjusts relative to the treadbase based on a
height of a particular user feature, wherein the motorized console assembly further includes an
adjustment mechanism configured to adjust the height of the console during the automatic
adjustment.

38. **(Canceled)**

39. **(Currently Amended)** The treadmill of claim 37, wherein the motorized console assembly is configured to read the height of the user.

40. **(Currently Amended)** The treadmill of claim 37, wherein ~~the~~ an initial height of the console is determined utilizing preset adjustments.